

# MWR F.A.S.T.

Fitness-Aquatics-Sports-Times

FITNESS

FEB 2025/MARCH 2025

## INDOOR FITNESS COMBINE

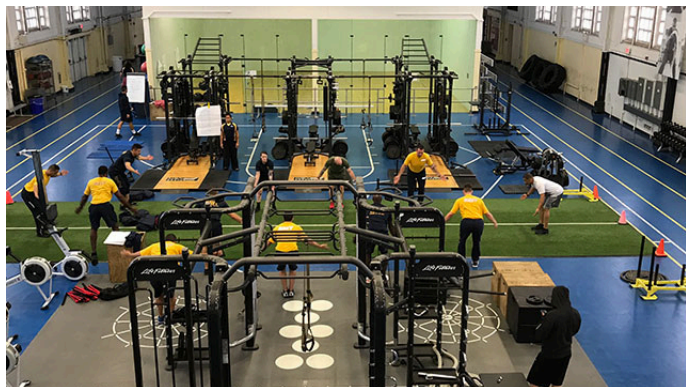
**When:** February 4, 2025

**Where:** Gym 4

**Time:** 1500-1800

**Register @** Bldg 2A Fitness Center or Gym 4

First 50 participants will receive a custom MWR prize. Day of event Walk-ins will not be accepted after 1715. The NSGL Indoor Fitness Combine is an obstacle course race that challenges your speed, strength & stamina. The obstacle course will be composed of 10 stations, each having its own workout challenge. Once the race is completed the competitor with the best time will be declared the winner. There will be 3 divisions, men's, women's and overall. Awards will be given to 1st, 2nd and 3rd place in each division.



## 2025 NOFFS EDUCATIONAL COURSE SCHEDULE

**Where:** Gym 4 Warrior Zone

**Time:** 0730-0930

**Strength Series:**

-January 29th, April 30, July 30

**Sandbag Series:**

-February 26, May 28, August 27

**Endurance Series:**

-March 26, June 25, September 24

The Navy Operational Fitness and Fueling System (NOFFS) project provides the Navy with a "best in class" physical fitness and nutrition performance resource that provides guidance to Sailors and Navy health and fitness professionals. NOFFS instructs individuals on how to physically train effectively and safely, and how to make healthy nutrition choices in both shore-based and operational environments. For more information, contact the MWR Trainer Office at 847-688-3994

## 1000lb & 500lb Club:

**Where:** Gym 4 \* Reservation Required.

**Info:** Call 847-668- 3994 or email:

[grlkmwrsportsandfitness@us.navy.mil](mailto:grlkmwrsportsandfitness@us.navy.mil)

NSGL's 1000lb/500lb club is an exclusive weightlifting club for male and female lifters. To become a "member" of the club, one must perform one repetition of a Squat, Bench Press, and Deadlift. The total weight lifted is added up. Challenge coins presented to participants upon reaching 1000lb(males)/500lb (females).



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AQUATICS / SPORTS

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## Aquatics Info

### Lap Swim

**When:** Monday - Thursday

**Day/ Time:** 1100-1300, 1600-1900

**Location:** Building 440 Indoor Pool

### Open / Lap Swim

**When:** Saturday

**Day/ Time:** 1000-1600

**Location:** Building 440 Indoor Pool

**Eligibility:** Free / Open to all Base Personal and Dependents

**Info:** - Children under age 10 must be supervised by someone at least age of 16- Children between 10 and 16, if left unattended must be able to pass 25 meter swim test- Non-Swimmer are only permitted in Shallow

**End Eligibility:** Free / Open to all Base Personnel

**\*\*\*Hours/days are subject to change! Please call 847-688-3419 or 847-688-5315 to double check hours and availability daily!\*\*\***

**Lifeguard Classes Coming Soon.....**



## CAPTAIN'S CUP

2025

Basketball: Jan -Feb

Bowling: Feb-March

Volleyball: March-April

Softball: May-June

Golf: July-September

Football: July-August

Soccer: August-September

### CAPTAIN'S CUP VOLLEYBALL

Commands and Barracks come compete in the 2025 Captain's Cup.

Teams are co-ed, free to all base personnel

Mandatory Coaches meeting March 4th.

Questions contact Athletic Office at Bldg 440 x3419



### QUEENS OF THE COURT

FEMALE ONLY EVENT!

**When:** February 26 @ 5:00PM

**Where:** Bldg 440

**Register at Bldg 440 by Feb 24th**

3 on 3 volleyball contest.

Rally score, winner stays on the court.

Fast paced, fun event.

Free and open to all base personnel.

